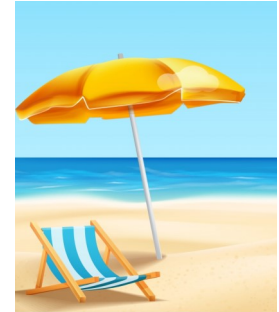




Erie County Department of Senior Services Commissioner, David Shenk



What do Ghosts like to eat in the summer?

I scream!!

We hope you are screaming and cheering your way into summer. The official first day of summer is Sunday, June 20th and we are ready for it. The Erie County Department of Senior Services is serving up so many fun activities to stay active and healthy this summer. We have something for everyone.

Are you interested in getting in shape for the next warm summer months ahead? We have you covered. Club 99 holds virtual classes every Monday through Friday from 9 -10am. We would love to see you there! Do you want to learn how to make a quick and easy meal for your family and loved ones? Check out our lazy enchiladas recipe on page 4.

How about taking an adult educational class on current affairs, history, humanities, finance or medicine? Check out University Express! It is free of charge and we'll save you a seat. Don't forget to check out what is happening in RSVP and find out how you can help veterans this June as we celebrate Flag Day. Want to plan a fun family outing? Take some advice from the Combatting Social Isolation page and head over the aquarium of Niagara. We know you will have a swimmingly good time. :)

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University Express

Greetings from University Express! Our spring semester is in full swing and we are learning so much. Head on over to our website (erie.gov/universityexpress) to see what we are offering and how you can participate! You can participate virtually from home or safely watch the presentation with others at a location out in the community.

Are you interested in learning or re-learning about metamorphosis? Maybe hearing about what plastics can be recycled interests you? How about understanding the specific powers and limitations of a Power of Attorney? We strive to have something for everyone! [Visit our website](#) or call Katie Earl at 858-7605 to learn more.

Some of our classes are recorded and posted on our website at a later date. We hope you take advantage of them!



RSVP

Flag Day commemorates the adoption of the United States flag on June 14th, 1777. The holiday promotes patriotism and respect for the flag. It was established primarily thanks to the efforts of dedicated volunteers who saw merit in the idea, including Bernard Cigrand and William Kerr. Buffalo has a special connection to the day, with school teacher Sarah Hinson choosing to commemorate the day starting in 1891 by teaching her students to salute the Flag and repeat the Pledge of Allegiance. This became the first documented teacher to do so and starting a trend in other classrooms and schools across the country. Her grave at Forest Lawn is fittingly marked with a flagpole flying the American Flag.

In the spirit of patriotism, many RSVP volunteers in Erie County serve in roles where they serve Veterans, service members, and military families. Such roles include driving Veterans to VA appointments, assisting Veterans facing homelessness through shelters, or ensuring that military families have enough to eat by volunteering at a food pantry. We're choosing to highlight a few of our most patriotic volunteer opportunities this month. If you're interested in hearing more make sure to register for our newsletter by emailing RSVP@erie.gov.



Buffalo & Erie County Naval & Military Park

Keep the legacy of WWII soldiers and sailors alive by volunteering at the Naval Park. There, you can choose to assist with maintaining the beautiful Monuments Garden or serving as a docent on deck by providing directions and education to the thousands of visitors they see each year.

Buffalo VA Medical Center

The VA Medical Center located on Bailey Avenue serves Veterans from all eras—and has plenty of volunteer opportunities to meet your talents! Whether serving behind the scenes or interacting directly with patients and families, the VA allows you to serve those who have served our country.

Meals on Wheels

Whether through Ken-Ton, Amherst, or FeedMore of WNY, your route may include Veterans or military family members! Western New York is home to a large aging Veteran population, and you can be part of helping them to stay in their homes for as long as possible.

RECIPE OF THE MONTH



Lazy Enchiladas

This enchilada casserole bake is a whole lot of fun to make! There's something magical about all of these simple ingredients mixed together, and then baked to perfection. It's perfect for large families, but great for just a few. Makes an awesome leftover!

Ingredients

- 1 lb ground beef
- 1/2 onion (chopped)
- 1 (12oz) bag tortilla chips
- 1 (28oz) can red enchilada sauce (the large can)
- 1 cup salsa
- 1 (32oz) bag Mexican cheese blend (the large bag)

Instructions

In a large skillet, sauté the onion until soft. Add the ground beef and brown (no need to drain the grease). Preheat your oven to 350 degrees, and grease a 9x13 baking dish. Break up the chips a bit (while still in the bag), and place everything except for 2 large cups of reserved cheese (for topping later) into your baking dish. Use your hands to mix everything together until well combined. Make sure the mixture is evenly distributed on the bottom of the pan, and then top with the remaining cheese. Bake for 45-50 minutes. Top with sour cream, diced tomatoes, avocado, jalapeño, chives or anything else you'd like!

ENJOY...stay well, and look for a delicious new recipe next month!



Aging Mastery Program®

National Council on Aging

Join the Adventure!

Build your own personal playbook for aging well. This fun innovative program empowers you to take key steps to improve your well being, add stability to your life, and strengthen ties in your community. Meet new friends and provide encouragement to one another as you take the Aging Mastery journey together!

10 courses include:

- Navigating Longer Lives
- Exercise and You
- Sleep
- Healthy Eating and Hydration
- Financial Fitness
- Advance Planning
- Healthy Relationships
- Medication Management
- Community Engagement



The Erie County Department of Senior Services will be offering many chances to attend this program in our various Senior Centers this Fall. Contact Claire Solak at 716-898-2320 or Claire.solak@erie.gov for more information.

Tips for Spring Cleaning Your Health Routine

Adapted from a presentation by University at Buffalo dietetic intern Abby Williams

Spring is a great time to do some spring cleaning of your health routine! Below is a list of tips to help get you started!



Make sure to stay hydrated during the warmer months (and all year long!) Dehydration can cause serious health risks such as fatigue, low energy, headaches, dizziness and more. The body loses moisture through sweating, even if you don't feel yourself getting sweaty. To help prevent dehydration, it's important to take proactive steps to drink enough water throughout the day, such as by keeping a water bottle handy at all times. You can sip other non-alcoholic beverages to keep hydrated, as well, but try to avoid sugary beverages.

Try to reduce sugar intake this spring Look at the Nutrition Facts Panel on your food labels and try to choose foods with little to no added sugars. Also, scan the ingredient list to avoid foods that have sugar or other added sweeteners such as corn syrup, evaporated cane sugar, dextrose and fructose as one of the first few ingredients on the list. Sugar causes spikes in your blood sugar, followed by lows, which can leave you feeling tired and lethargic.

Try to fill at least half of your plate with in-season fruits and vegetables Fruits and vegetables are loaded with antioxidants and other powerful plant compounds that can defend and heal your body from infection and disease. They are also high in fiber and water content which makes your gut very happy! In-season fruits and vegetables for the spring include artichokes, asparagus, avocados, blueberries, cabbage, cherries, corn, peaches, pineapple, strawberries, summer squash, tomatoes & zucchini. Try fresh herbs like basil for more plant power and some great flavor!

Choose more whole, unprocessed foods Many processed foods are high in sugar, fat and salt – think deli meats, frozen foods, many packaged snack foods and condiments. Processed foods also often lack fiber. In general, the less processed a food is, the better it is for you, especially plant-based foods. Choose foods that are high in fiber and other beneficial nutrients such as whole grains, nuts, and beans like lentils, pinto, navy, kidney, black, white, or garbanzo beans.

Revamp your sleep schedule Break bad habits such as spending a lot of time on a device such as a phone, laptop or computer just before bed. Try to avoid exercise or eating a large meal 2 hours before bedtime, and avoid alcohol 4 hours prior to going to bed. Avoid that afternoon dose of caffeine too. Try going to bed and waking up at the same time each day, ideally with exposure to light soon after rising.

Combating Social Isolation Entertainment

National Comedy Center Anywhere- Featuring exclusive comedy content direct from the exhibits of the National Comedy Center, the nation's official cultural institution dedicated to the art of comedy, located in Jamestown, New York.

Aquarium of Niagara- Our aquarium offers a range of experiences from animal encounters, birthday parties, to animal training, we offer adventures that entertain and educate.

Jigsaw Puzzles- Have some fun playing online with puzzles!

Pogo Free Games- Free online games!

Facebook- Connect with friends and family over the internet.

The Food Network- Love Food Network shows, chefs and recipes? Find the best recipe ideas, videos, healthy eating advice, party ideas and cooking techniques from top chefs.























The Travel Channel- Check out travel videos, shows, and guides on top travel destinations on Travel Channel. Get all tips, show updates, and trip ideas here.



Summer

Erie County Stay Fit Dining Program Standard Menu June 2021

Summer

Monday	Tuesday	Wednesday	Thursday	Friday
31 No Meals Served 	1 Breaded Chicken Breast with Buffalo-style Sauce on a Bun Fiesta Corn Broccoli Chocolate Chip Cookies (782)	2 Turkey with Stuffing & Gravy Molded Cranberry Salad Mashed Sweet Potatoes Peas Fresh Apple (769) 	3 Entrée Salad Low-fat Cottage Cheese with Mandarin Oranges & Pineapple on a Bed of Fresh Salad Greens with Classique Dressing Whole Wheat Crackers Chocolate Mousse (593) 	4 Roast Pork with Warm Cinnamon Apples Mashed Potatoes Carrots Wheat Bread Frosted Spice Cake (770) 
7 Turkey a la King Mashed Potatoes Carrots Biscuit Chocolate Chip Cookies (742)	8 Ham Steak with Maple Glaze Scalloped Potatoes Brussels Sprouts Rye Bread Frosted Lemon Cake (838)	9 Baked Salmon with Pineapple Salsa Rice Pilaf Broccoli Cornbread Cinnamon Apple Slices (704) 	10 Chicken Parmesan with Penne Pasta & Tomato Sauce Wax Beans Chef Salad with Dressing Tropical Fruit Chocolate Milk (709) 	11 Entrée Salad - New Item! Southwestern Steak Salad with Corn & Black Bean Salsa on a Bed of Fresh Salad Greens with Ranch Dressing Dinner Roll Fruited Gelatin (802) 
14 Flag Day Lunch BBQ Pork Ribette on a Bun Broccoli Cheese Rice Casserole Corn Four Bean Salad Strawberry Swirl Ice Cream (1035) 	15 Vegetable Lasagna with Cream Sauce Italian Green Beans Cauliflower Dinner Roll Frosted Marble Cake (828)	16 Father's Day Lunch Breaded Chicken Drumsticks Au Gratin Potatoes Peas with Red Pepper Wheat Dinner Roll Chef Salad with Dressing Chocolate Cream Pie (1109) 	17 Meatloaf with Gravy Mashed Potatoes Broccoli Multigrain Bread Vanilla Mousse (814) 	18 Chili con Carne Carrots Fruit Punch Cornbread Fresh Apple Chocolate Milk (917) 
21 Welcome Summer! Hot Dog with Baked Beans & Ketchup on a Bun Tater Tots Diced Carrots Marinated Vegetable Pasta Salad Strawberry Shortcake with Whipped Topping (960)  	22 Beef Stew with a Biscuit Brussels Sprouts Chef Salad with Dressing Strawberry Bavarian (712) 	23 Beef Macaroni Casserole California Mixed Vegetables Corn Rye Bread Fruit Compote Chocolate Milk (844) 	24 Roasted Turkey Breast with Gravy Mashed Potatoes Peas & Carrots Cranberry Gelatin Salad Oatmeal Raisin Cookies (845) 	25 Entrée Salad Grilled Chicken, Mandarin Orange & Sunflower Seed Salad with Fresh Salad Greens & Classique Dressing Whole Grain Crackers Gelatin with Fruit (826) 
28 Cheese Ravioli with Meatsauce Peas Seasoned Squash with Peppers Italian Bread Peaches Chocolate Milk (813) 	29 Entrée Salad Cranberry Chicken Salad on a Bed of Fresh Salad Greens with Classique Dressing Club Crackers Sugar Cookies (797) 	30 Roast Beef with Horseradish & Gravy Sweet Potatoes Savory Cabbage Rye Bread Frosted Cherry Cake (811) 	1 Bratwurst with Sauerkraut & Mustard on a Bun German Potato Salad Mixed Vegetables Mandarin Oranges (745) 	2 Independence Day Lunch Chiavetta-marinated Chicken Cheesy Diced Potatoes Broccoli Chef Salad with Dressing Dinner Roll Apple Pie with Whipped Topping (873) 

CLUB 99



You are never too old and it's never too late to build muscle.

Look out for Erie County Senior Services **premier** exercise program at local senior centers across Erie County. We offer both **virtual** and **in person** classes. The **in person** class time and dates vary depending on the center. The **virtual** class is held Monday-Friday at 9am-10am. Classes include resistance band exercises, cardio, stretching and use of small exercise ball. All 60 plus are welcome to join in. The side effects of regular exercise are: improved sleep, increase in blood circulation, improved heart health, increase in confidence, weight loss or maintenance, increased flexibility and overall increase in health and well-being. If you have any questions please contact Julie Ruzala 858-6403 julie.ruszala@erie.gov.

